



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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Let's Focus on Morton's Neuroma

If you or a loved one are experiencing pain in the ball of your foot, particularly between your 3rd and 4th toes you very likely have a condition called Morton's Neuroma. The symptoms are caused by an enlarged growth of nerves in that area of your foot.



Oftentimes my patients report feeling burning, pain, and numbness. And one of the hallmarks of this condition is feeling like you have a pebble or bunched up sock in your shoe.

This condition starts off with mild sensations that can come and go and over time the symptoms will worsen making it difficult to walk or run.

What Causes Morton's Neuroma?

Morton's neuroma is 8-10 times more common in women than men primarily due to shoe choice. Pointy shoes and high-heeled shoes that squeeze the toes in the toe box are the worse offenders. In addition, you're more likely to develop Morton's neuroma if you have:

- An abnormal foot structure like flat feet, high-arched feet or flexible feet
- A foot condition such as bunions and hammertoes
- Engaged in sports such as running, hiking, or pickleball
- A foot injury

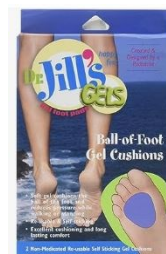
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Ball of Foot Cushion/ Metatarsal Pad

\$12





Lynn and her partner Patrick in
Volterra, Italy



Dr. Berg's latest painting

Farmer's Market Spicy Tuna Wraps with Homemade Chipotle Greek Yogurt Ranch

- 2 (10 inch) whole wheat or gluten free tortillas
- ½ cup chopped romaine hearts
- 1 roma tomato, sliced
- ¼ cup roasted fresh corn (or can used canned)
- ½ avocado, sliced
- 2 tablespoons chopped green onions
- 1 can Genova Seafood Albacore Tuna, drained

For the chipotle ranch dressing:

- ¼ cup nonfat plain greek yogurt
- ½ teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/2 teaspoon fresh lemon juice (or can sub apple cider vinegar)
- 1/4 teaspoon dried dill
- ¼ teaspoon salt
- ¼-½ teaspoon chipotle chili powder (depending how spicy you like it)

1 tablespoon water to thin dressing



Source: [Ambitious Kitchen](#)

1. Lay out two tortillas on a large cutting board. Divide the lettuce, tomato, corn, avocado slices, green onion and tuna between each tortilla.
2. Drizzle each wrap with 1 tablespoon of the dressing, reserving the rest for dipping.
3. Roll up each tortilla, tucking in the ends as you go.
4. Enjoy immediately with the extra chipotle ranch, or wrap in plastic wrap and keep in fridge for up to 3 days (for optimal freshness).

What to Expect With Morton's Neuroma

As I mentioned symptoms will initially be mild and will follow this trajectory.

- At first, the symptoms will occur on occasion when wearing pointy shoes or participating in certain physical activities.
- Symptoms will subside when the shoes are removed and activity stops.
- Symptoms will worsen over time particularly as the neuroma gets larger and the temporary changes to the nerve become permanent.

Treating Morton's Neuroma At Home

Consider Your Shoes

- Wear open, wider shoes when you can
- Wear heels no higher than one inch or less.
- Pull your sock a little bit away from the end of your foot so it doesn't compress as much.
- Avoid putting anything on the inside of your shoe that can jam your foot forward—even orthotics can do it.

Change Your Lacing

Try skipping the bottom laces on your tennis shoes. That will help open up the toe box so your toes can move.



Use a Metatarsal Pad

Some supports come with a metatarsal pad but you can also purchase one that can be applied to the bottom of your foot. They can prevent direct pressure on the area that's causing you pain.



Icing or Anti-inflammatory Medications

Both icing and anti-inflammatory medications can reduce inflammation and provide temporary pain relief.

Treatment of Morton's Neuroma at the Office

Patients often wonder if we need to do surgery to eliminate their Morton's neuroma. While surgery can be done it isn't the first line of care. Also, patients who do undergo surgery may not get the relief they seek.



In our office we work with you provide the most effective treatments for your level of progression.

In milder cases patients may only need to start the home treatments we just listed such as a shoe change, different lacing, and a metatarsal pad.

When symptoms start to get worse, we'll consider the follow treatments.

- Custom orthotics to relieve the pressure on the nerve
- Ultrasound guided alcohol injections to shrink the neuroma
- MLS laser therapy-this treatment can reduce pain and inflammation and stimulate healing.



"I had a lot of pain in my toes in my right foot for 10 years. As I was describing it Dr. Berg knew immediately what it was-Morton's neuroma. A shot regimen and some laser treatment and the pain in gone" —Evelyn K.

How to Fight Back During Allergy Season

While most of us are thrilled to welcome back Spring, allergy sufferers are counting the days until the season is over. And I can't say I blame them. Having a persistent runny noses, watery and itchy eyes, sneezing, and congestion are no fun.

So what can you do to turn down the volume on these symptoms?

1. **Keep Track of Pollen Counts:** Stay ahead of high pollen days by checking local weather reports and pollen trackers. On days when counts are high, try to stay indoors as much as possible, especially during midday and afternoon hours when pollen levels are at their peak.
2. **Wear A Mask:** Particularly during high pollen days it's important to wear a good N95 mask outside to prevent exposure if you have to be outside.
3. **Create an Allergen-Free Environment:** Make your home a safe haven from allergens by keeping windows closed during high pollen seasons. Use air purifiers to capture airborne particles, and maintain cleanliness to reduce indoor allergens like dust and pet dander.
4. **Personal Hygiene:** After spending time outdoors, change your clothes and take a shower to rinse off pollen. This is especially important before going to bed to avoid transferring pollen to your bedding.
5. **Consult with Allergy Specialists:** Over-the-counter medications like antihistamines can provide temporary relief, but for persistent symptoms, it may be beneficial to consult an allergy specialist.



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—Dr. Rion Berg

